



THE COLONNADE

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Weekend Weather

Fri.	Sat.	Sun.
92 66 10%	95 69 10%	97 71 10%

Source: <http://weather.com>

NUMBER CRUNCH

83

The number of intramural flag football teams.

Source: Campus Life

Handguns, ammo seized on campus

Junior Wesley Crafton suspended after arrest

BY CHELSEA THOMAS
STAFF WRITER

Many people believe the shootings at Virginia Tech resulted as a lack of people speaking up at the sight of strange or unusual activity. GCSU has already learned from this mistake, as Public Safety got an anonymous tip about the possession of firearms on campus Thursday, Aug. 23.

The tip specifically stated that three white males suspected to have guns had just exited a blue Tacoma in Lot 4 and were entering Foundation Hall. The tip came in at 10 p.m. and immediately three officers were sent to the scene.

Dispatch ran the cars tag number and identified the owner to be Wesley T. Crafton. Entering Foundation Hall, the three officers soon located Crafton and the two other

subjects, Ryan McGovern and Cory Maddox, on the third floor in the room of a student named Molly McMillan.

Crafton is a

22-year-old student of GCSU while both of the other men are enrolled as Kennesaw University students.

A search of the three suspects generated no weapons, but, cooperatively, Crafton confirmed the presence of a handgun in the passenger side of his car. The three suspects were placed in custody.

Lieutenant Grant stated in his supplemental report that "all subjects were

Guns Page 3

ERIN GISH/ STAFF
PHOTOGRAPHER

Below is one of the three handguns confiscated by Public Safety, a Kimber 45. Although Crafton had a license for all weapons, he was arrested and charged with Possession of Firearms on School Grounds.



Arrest Chronology

Thursday, Aug. 23, 2007

1. An anonymous tip is called into Public safety around 10 p.m. stating that three white males suspected to have guns exited a blue Toyota Tacoma in Lot 4 and were entering Foundation Hall. Three officers were sent to the scene.
2. Dispatch ran the car's tag number and identified the owner to be Wesley T. Crafton. Entering Foundation Hall, the three officers soon located Crafton and the two other subjects, Ryan McGovern and Cory Maddox, on the third floor in the room of a student, Molly McMillan.
3. The officers search the three suspects and find no weapons, but, cooperatively, Crafton admits to having a handgun in the passenger side of his car. The three suspects were placed in custody.
4. The three officers search the car finding three loaded handguns, several loose rounds, several boxes of ammunition, four knives, several magazines and two bottles of alcoholic beverages.
5. The officers locate more magazines, ammunition and loose rounds while searching his apartment at The Village. Crafton is placed under arrest and is charged with Possession of Firearms. He is suspended from the university pending a hearing.

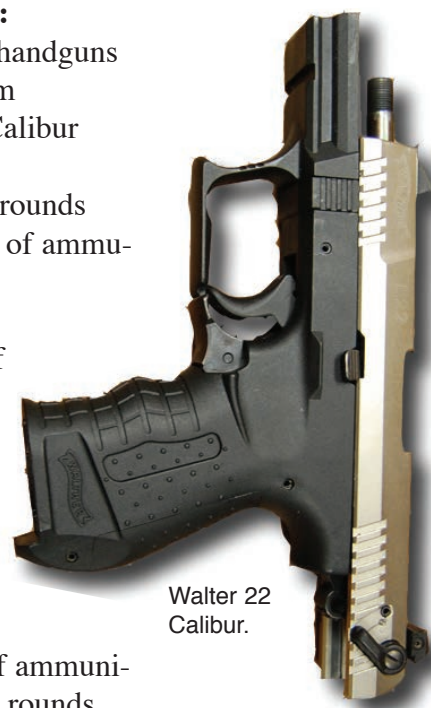
Confiscated:

From the car:

Three loaded handguns
Beretta 9mm
Walter 22 Caliber
Kimber 45
Several loose rounds
Several boxes of ammunition
Four knives
Two bottles of alcoholic beverages.

From the Apartment:

More magazines
More boxes of ammunition and loose rounds.



Walter 22
Caliber.

The culprit: Wesley Crafton

Age: 22 years old

Status: GCSU class of 2009

The Village Apartments resident

Background: Began school in spring 2007, as a junior in the university's Criminal Justice program. According to background searches and school officials, Crafton has had no previous violations or noteworthy problems on his disciplinary record.

Currently: Crafton has been placed on suspension pending a hearing, and is banned from university property. All the weapons confiscated are licensed.



Crafton

COURTESY OF THE WEB

New registrar plans to ease graduation woes

BY PATTY MAGUIRE
STAFF WRITER

Kay Anderson, previously the registrar at Truman State University in Kirksville, Mo., became GCSU's university registrar this past May.

As one of the most important staff positions at GCSU, the university registrar effects every GCSU student. According to the GCSU Parents and Family Association's e-newsletter, Anderson's duties include planning and implementing procedures and processes concerning registration, student records, graduation deadlines, degree planning, classroom scheduling, NCAA athletic certification, veteran affairs and certification.

Anderson is glad to be at GCSU.

"Two things I'm looking forward to are leader-



SPECIAL TO THE COLONNADE
Kay Anderson, previously the registrar of Truman State University, takes over the duties of GCSU registrar.

ship in the office, where we have several goals to move forward with, and being a contributing part of the campus community, maybe through mission related projects," Anderson said.

"We're looking at a new catalog for online, new software for degree audit, changes to final grade and

graduation clearance to make it more efficient and earlier feedback to improve communication."

Anderson admits there are students who fail to make deadlines, but feels increased communication will diminish the amount of students who, after commencement, realize they were missing a credit or two.

"If I were able to wave a magic wand on students, the number one thing would be to read your e-mails! E-mail is the first way I'll send information and if you don't check it, at least forward it to where you do check regularly," Anderson said.

Maryllis Wolfgang, senior associate registrar, looks forward to Anderson's presence in the Office of the Registrar.

Registrar Page 2

SGA elects new senate, decides on key issues

BY LEE SANDOW
SENIOR REPORTER

Voting for the Senate of 2007 is now complete, and the Student Government Association is ready to begin its work of serving GCSU, the student body and implementing change.

Elections took place on Aug. 29 through the 31 outside of the Arts and Sciences Building. New Senators were elected by student votes.

"We had a good amount of candidates this year," said SGA President Ryan Greene. "Almost 50 people ran, which is much more than usual."

Greene said that voter turnout was also higher than average, which he attributed to having more people on the voting ticket.

The voting process was also changed from past years, allowing each student to only vote for one candidate per class ranking, as opposed to as many as five from each class in previous years.

"We did this to get a better representation of the (student body) on SGA," Greene said. "We made it one vote per category so students would vote on the one person that they thought would be the best for the job."

Greene hoped this would encourage the elections to be based on a personal level and not on any group

SGA Page 2

Mold creeps inside the basement of the SAC

BY S. ASHLEE MOONEYHAN
STAFF WRITER

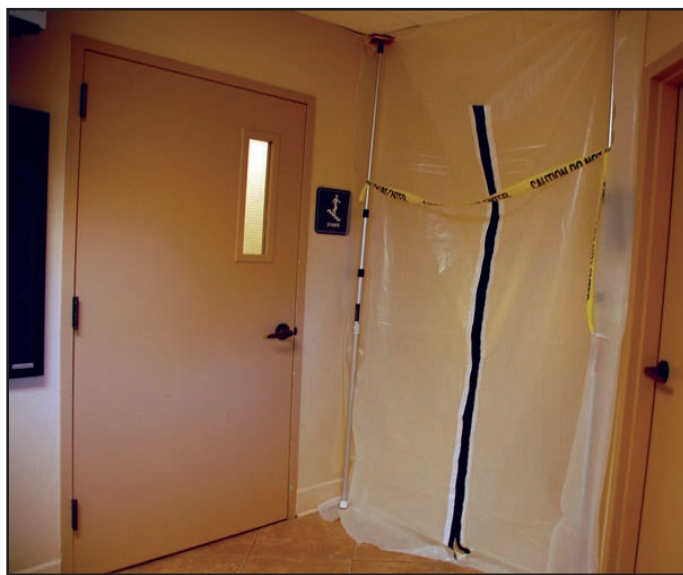
A plastic barrier with caution tape covers the entrance to the basement of the Student Activities Center to keep patrons of the building from being exposed to mold caused by recent flooding.

"I am fanatical about protecting my students and my staff," said Tom Miles, the director of Campus Life and Student Activities. "We are taking every precaution."

The basement level of the SAC is usually used as recreation space for students and campus organizations. However, it has yet to be opened for general use this semester due to runoff water pouring in from the sidewalk through a side entrance in the building. Heavy rains and clogged storm drains are to blame for the runoff water that unexpectedly plagued the historic building, built in 1806.

Flooding inside the building occurred the first time just before classes started around the time of the Week of Welcome, and then a second time while cleanup efforts were in effect for the previous incident. It was then that storm drains were found to be clogged and were immediately cleared out.

According to John Webb, the facilities planner and ADA compliance officer for Facilities of the Plant Operations department of GCSU, the level of flooding did not exceed more than about a half an inch, but was enough to



BRITTANY THOMAS/ SENIOR PHOTOGRAPHER
A plastic sheet and caution tape prevent people from entering the basement of the Student Activities Center after flooding caused mold to grow.

saturate the bottom portion of sheetrock in the walls. Once the bottom of the sheetrock had been soaked, the moisture seeped upwards. Mold began to grow in the areas of the wall that had been completely saturated, and was later found mainly in the men's and women's restrooms by a custodian.

The health risk of the mold was quickly assessed by the Health Department, and soon thereafter a company called Merritt was contracted to clean the mess and restore the damaged areas. The contractors measure a safe distance above and beside the damaged areas and remove those portions of sheetrock and replace them with fresh new slabs. The damaged parts are then cleaned, dried thoroughly and disposed of safely. The repairs and restoration are expected to last at least another

two weeks.

"Its E.T. style," said Natalee Mayo, a senior mass communication major, about the plastic barriers covering the doorways.

All the plastic and caution signs are just a precaution to protect anyone passing by who may be extremely sensitive to mold. The rest of the building is considered safe, and there should be no health concerns.

Once the lower level is returned to its safe, clean and dry state, it will soon be opened for student recreation including pool tables, foosball tables, TVs, soda fountains and other entertainment activities.

The GCSU campus has since seen more heavy rains, but the problem areas have been addressed and no more flooding has occurred.

Registrar

Continued from Page 1 ...

"We're delighted to have her with us and she's progressive with new services, new students and faculty," Wolfgang said.

Lori Watson, coordinator of office services, also is excited to have her on staff.

"She's a great addition to the university and we're lucky to have her," Watson said.

The mission and structure of GCSU was a big attraction to Anderson, who claims she was not originally looking for a

new job.

"One morning in February, there was a lot of snow for the third day in row and I don't like snow. When I got to work, there was an ad for GCSU and I didn't delete it because I knew GCSU from its status as a COPLAC (Council of Public Liberal Arts Colleges) school. I looked around the website, and fell in love from the start," Anderson said.

"I believe in the public liberal arts and feel very strongly that it's the best education anyone can receive and by providing a quality liberal arts experience at a public school

cost we're opening the doors of opportunities for thousands of people every year," Anderson said.

While at Truman State University, Anderson served on numerous boards and committees and acted as advisor for several organizations. Here in Milledgeville, she has joined the Milledgeville Rotary Club and works with a group of high school students at a local church.

"My most important goal is to give students best service and best support possible. They're the reason we're all here and they're my first priority."

SGA

Continued from Page 1 ...

or party affiliation.

"Before, people would vote on a group or organization," Greene said. "Now they must vote on one person from that organization, choosing that one person to represent them best."

The new Senate will have a seven-hour "retreat" on Saturday, Sept. 8, where it will discuss the issues it wishes to focus on for this semester. While SGA plans to try to be involved in as many student affairs as possible, it plans to place the majority of its focus a few choice issues, which will be determined during this retreat.

"We plan to focus on five big issues," Greene said, "though that number might change. We'll focus on those issues, plan to have this done by this

time, and work more closely with those situations."

Justin Haight, vice president of SGA, believes some internal restructuring, which occurred over the summer, will better help the students in this regard.

"In the previous years we've had different committees that focused on different issues," Haight said. "This year we've combined them into one Campus Issues Committee. Then we divide them into ad hoc committees for the different issues."

Various topics are already being discussed, with the issue of student parking already on the bill. Students are urged to contact SGA with their own suggestions so that SGA can help improve student's experience at GCSU.

"Without the students relaying what they want changed around campus to SGA, SGA would be

pointless," Greene said. "We are begging for student input around campus."

According to Greene, it is a goal for SGA to be easily accessible to students.

"Please let SGA represent the students well; tell us your thoughts and concerns personally, through email, or at our meetings," Greene said. "SGA is ready to make big things happen this year—we just need to know what the students want to happen."

Senate meetings for SGA are held every Wednesday at 12:30 p.m. in the Dogwood Room of the Student Activities Center. Students are invited to attend in order to voice their concerns or ideas to the Senate.

For other ways to contact SGA, visit the website at www2.gcsu.edu/sga/ or by e-mail at student.government@gcsu.edu.

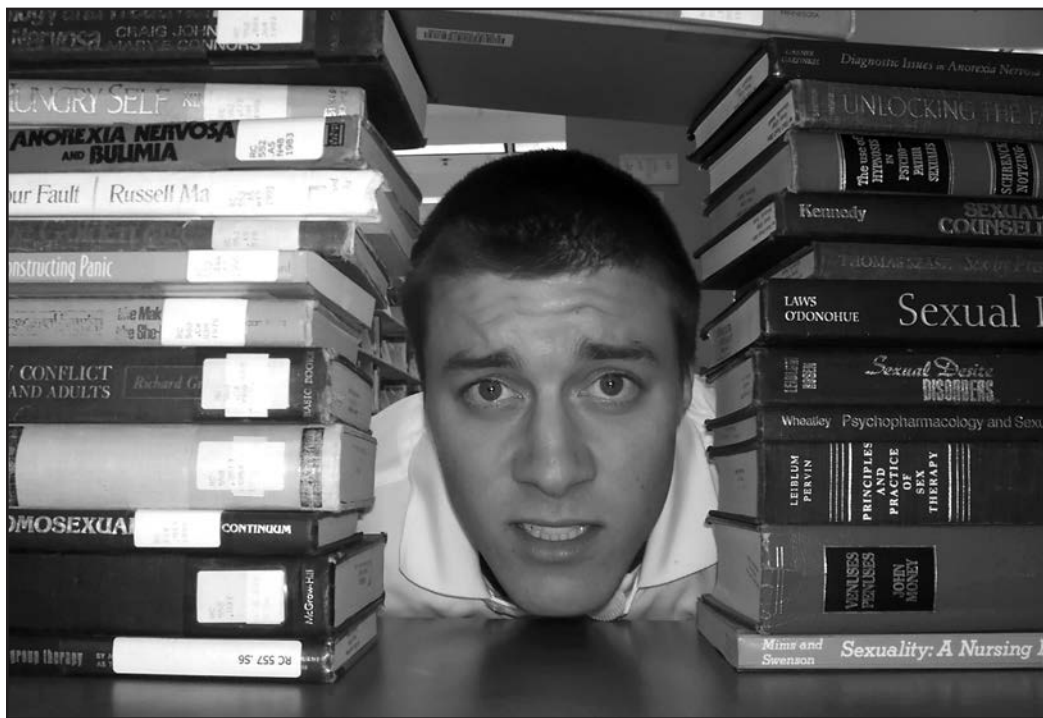
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FILE PHOTO

Junior Alex Pate looks overwhelmed as he tries to balance his studies, being a runner for the cross country team, and having a social life.

Students share secrets of stress management

BY MARY ZEHNER
STAFF WRITER

With homework, classwork, relationships and jobs clashing for time and attention, many students are turning to University Counseling Services to help them manage their commitments. And the Counseling Center is ready for a mass of new students seeking aid.

Freshmen experience many changes when they come to college. According to Guidance Counselor Stephen Wilson, the beginning of the school year is one of the two highest stress times during the semester.

"In high school, students often have a lot of people trying to help manage their time for them," Wilson said. "In college, you don't have so much of that."

Some freshmen find themselves unprepared with the new freedom offered by college life. Junior English major Tim Sailor admits he was not prepared for all the freedom.

"I skipped a lot of classes that first semester," he said.

Aaron Adams, a junior chemistry major, did not handle his new freedom as well as he would have liked.

"I didn't take school too terribly seriously," Adams said.

Freshman General Business major Michael Toomey feels that it is easier for him to manage his time when he has earlier classes.

"There's a lot of time during the day and most social stuff is at night," Toomey said. "I find it easy to do some schoolwork in

the afternoon while everyone else is at class."

To manage time efficiently, Sailor works on staying calm and relaxed to lower his stress. Adams makes a daily schedule to help him fit in everything.

"I'm a lot less stressed if I have a schedule I can stick to and incorporate everything onto the schedule including times to be social, times to study, times to workout, times to sleep," Adams said.

Apart from making daily schedules, Wilson feels identifying personal values helps students make daily decisions.

"Whatever it is that is an important value to you, make time for those things to be in your life," he said. "There are things in life that may be urgent but not necessarily important," Wilson said.

If making schedules and identifying values does not help, a change in lifestyle might. Senior exercise science major Brooks Vinson prefers exercise and sleep to help him live a "less stress" filled life.

"(Exercise) releases endorphins making things less stressful," Vinson said.

For professional help with all stress needs, GCSU provides a full range of counseling services including one-on-one and group counseling.

Counselors often visit freshman seminar classes to give presentations on how to manage time and stress. The Counseling Center is open weekdays from 8 a.m. to 5 p.m. and encourages dorm residents to contact their resident director or resident assistant if there is an emergency during after hours.

or noteworthy problems on his disciplinary record. Recently Crafton has been placed on suspension pending a hearing.

Richard G. Goodson, Deputy Director of Public Safety, states, "Unless calling ahead and being escorted on campus by officers, Crafton is forbid to return to any campus property."

Ever since the Clarke Street stabbing incident almost two years ago and the Virginia Tech massacre this year, GCSU and all other universities nation wide take any reports of questionable behavior seriously.

"At least once a year," according to Goodson, "there is an incident involving weapons on campus."

Ironically, during the week of Crafton's arrest for gun possession, the Public Safety office, specifically Crime Prevention Sergeant Brian English, had just begun placing Gun Awareness posters around campus.

As Goodson says, "(The college environment) is not the safest environment for handguns to be available with students in such various emotional and stressful states."

Since the issue of guns on college campuses is very important recently, it is crucial to know the qualifications of a weapon on campus.

According to the Georgia Law Enforcement Handbook 16-11-127.1, "Weapon means and includes any pistol,

revolver, or any weapon designed or intended to propel a missile of any kind, or any dirk, bowie knife, switchblade knife, ballistic knife, any other knife having a blade of two or more inches." Plus other objects used for violent behavior or malicious intent are illegal, such as bats or clubs.

Goodson says, "Some weapons are purely obvious in their purpose, others are obvious in their malicious criminal intent."

In general, the Crafton incident last week proves the importance of public awareness to these rules and the obligation of each community member of reporting any suspicious behavior.

However, Goodson says, "The good thing is how everyone reacted. We had a good response by both the officers and the student."

Dean Harshberger, vice president of Student Affairs also notes, "It is a lot easier at a smaller institution to keep safety a main priority but it is important to remember its each student's responsibility to keep the campus a safe environment as well." Tips are crucially important because Public Safety cannot do their job without the help and vigilant awareness of the public.

ERIN GISH/ STAFF
PHOTOGRAPHER

Pictured inside is the Beretta 9 mm, the third handgun confiscated from Crafton.

Freshman finds the passport to free rent

BY ANDY KELLY
STAFF WRITER

Imagine knowing that next year, you were going to live at The Village Apartments for free. Brandon Williams, a freshman at GCSU, won this privilege playing the Week of Welcome Passport Game.

Williams, a current resident of Bell Hall, won the grand prize valued at \$8,000 for the 2008-2009 school year. In addition, he also is granted first choice on his room selection.

"I'm thinking about a two person room in the 400 building because it has a larger living room," said Williams. "You lose some of the kitchen, but I'm not a good cook anyway."

The Department of Campus Life sponsored the passport game for incoming freshman in which students were to take a booklet containing 15 squares representing different offices around campus and have them stamped.

"The passport game was tedious, but I learned from it," Williams said. "I now know my way around campus."

The Director of Campus Life, Tom Miles, believes the passport game was a huge success.

"The game was the Campus Life team's idea. We want to encourage new students to make contacts. We all thought it would be a fun way of doing that," said Miles.

With the success of the passport game, the



JAMES ODOM/ SENIOR PHOTOGRAPHER

Freshman Brandon Williams, won the grand prize of the passport game valued at \$8,000 of paid rent at The Village for the 2008-2009 school year.

Campus Life team wants to run the event next year and hopefully, have a car as grand prize.

"The students are my drivers," Miles said. "If they love it, we will keep going."

Once completed, students qualified to win various prizes including a satellite radio, a TV, a cruise to the Bahamas, gift certificates and the grand prize of free rent at The Village for a year.

The Housing Department sponsored the grand prize. Executive director of Housing, Larry Christensen, explained the terms behind the prize.

"Brandon wins a single room space for the 2008-2009 school year and first pick of all available apartments," said Christensen.

At the drawing, Williams did not expect to win anything.

"When my name was called, I ran up and almost lost my shoes," said Williams. "I was so excited I could barely sleep that night."

The Village hosts over 750 students living in the one-, two- or four-bedroom apartments. Christensen is excited about the grand prize and happy to contribute to the passport game.

"It's nice to show students what else is here at GCSU through The Village and all of west campus," Christensen said.

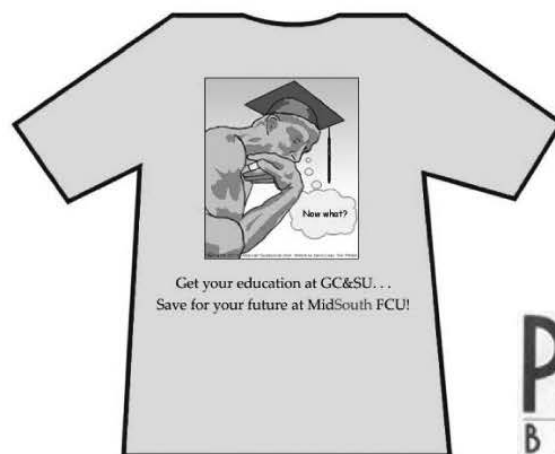
A survey asking students what they think about The Village is in the works and will be unveiled soon.

Williams cannot wait to join the other students at West Campus.

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Guns

Continued from Page 1...

very cooperative and Crafton even stated he had other items in his room at Bobcat Village."

After placing the three subjects in the back of a patrol vehicle the three officers did an official search on the car. Along with a previously noted open gun case in the back seat of the car by Officer Miller and Officer Reonas, the search turned up many illegal weapons. Three loaded handguns, several loose rounds, several boxes of ammunition, four knives, several magazines, and two bottles of alcoholic beverages were all found in Crafton's vehicle.

After giving consent to search his apartment the officers also located a few more magazines, more boxes of ammunition, and numerous loose rounds. And although all the weapons were licensed, Crafton was officially placed under arrest and charged with Possession of Firearm on School Grounds. Three state warrants were served to him as he was taken to Baldwin County Jail. The other men were eventually released.

University records state Crafton began school in spring 2007 as a junior in the university's Criminal Justice program. According to background searches and school officials Crafton has had no previous violations

Opinion

The Colonnade's Forum for Public Debate

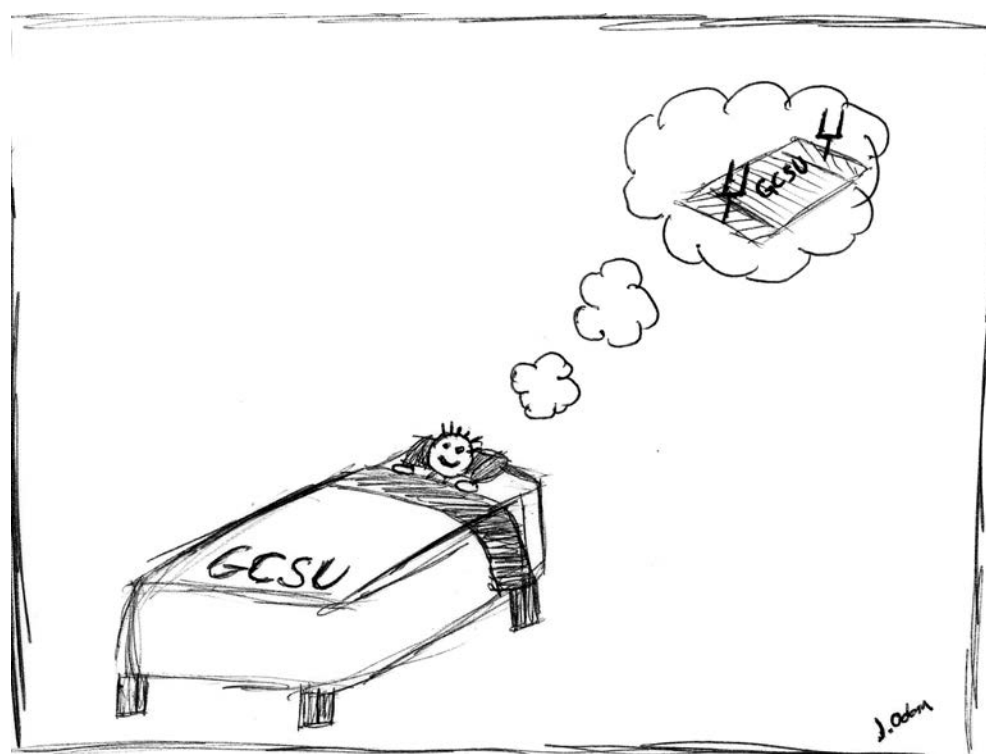
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Editor in Chief, Lee Sandow

THE HARD PRESS

BY JAMES ODOM



Public schools not making the grade



BY ANDREW ADAMS
COLUMNIST

I'm sure by now that everyone has seen Miss South Carolina's interesting response to her question in the Miss Teen USA Pageant. But just in case you are one of the six that have missed it, here's her question: "Recent polls have shown a fifth of Americans can't locate the United States on a world map. Why do you think this is?" Miss South Carolina, Lauren Upton's, response, "I personally believe that us Americans are unable to do so because uh some people out there in our nation don't have maps. And uh I believe that our education like such as in South Africa and the Iraq, everywhere like such as and I believe that they should our education over here in the U.S. should help the U.S. or should help South Africa and should help the Iraq and the Asian countries so we will be able to build up our future for."

It's fun to see that on TV eight times a day, and sure I laugh every single time I see it. But I've recently

learned some very disturbing facts. She actually graduated from high school. Much like myself, a public high school at that. So I'm thinking that she probably barely skated by, maybe got by with a 1.8 GPA or something. But the scary part is that she did better than that, much better. Upton finished near the top of her high school class with a 3.5 GPA. She was an Honor Student.

Clearly our government run schools are failing students. Of course, they're not failing students by actually failing them, but in the case of Upton, failing them by passing them with flying colors. Many school districts around the nation have done away with grades for elementary school children because a bad grade might make the child feel bad. And with the extreme number of government regulated tests that students must take over the course of any given year, it's no surprise that America is constantly failing academically when compared to other industrialized nations.

Perhaps the problem with American public schools isn't too little government intervention, but too much. No Child Left Behind, President Bush's education plan has been a horrible misjudgement. This policy will fail a school for having less than a high preset level of attendance. It is obviously ridiculous to punish teach-

ers and school administrators because a student gets mono and has to miss an entire quarter. Likewise, this terrible policy also creates more standardized tests for the students to take, and requires improvements in the passing rate every single year. There are two obvious problems with this. First of all, if 100 percent of your students pass the test one year, how are you supposed to improve on that? And secondly, if you're always testing your students with these standardized tests then when are they supposed to learn the stuff that the tests ask them?

What many Americans fail to realize is that education has gone sharply downhill since the creation of the federal Department of Education in the 1970s. For 200 years, American students were being taught by schools paid for and provided by their local community and state. But recently the federal government has hijacked these schools by giving them money and then setting their own arbitrary standards for what they feel children should be learning. Some of the lessons that come out of this could be the idea that America is great because of our government. Nothing could be farther from the truth. America is great because of our strong, fiercely individualistic spirit, which drives us to be the most free people on Earth.

In the 1990s, President Clinton, and members of Congress, were shocked at how poorly students in the Washington D.C. area were doing. So they decided to pump money into the school systems to the tune of \$10,000 per student per year. The end result was that these schools continued to perform just as poorly as they did before, and continued to do much worse than private schools in the area where student's tuition was less than the money pumped into the public schools. Money can't buy love, and it obviously can't buy a good education from the government.

Interestingly enough, Karl Marx wrote in the "Communist Manifesto" that one of the ten prerequisites for communism to form is a government run public school system. This way students can be brainwashed into believing what their government tells them ... and even tests them on. Republicans and Democrats and most all American political parties talk about the poor performance of our schools and they propose solutions that would involve more government. What they fail to realize is that the only rational solution would be to either return schools to their localities or to privatize them completely.

Send responses to
colonnadeletters@gcsu.edu

Our Voice

What community?

Noon. Milledgeville.

There's no one around. A lone man strolls across an empty, verdant green lawn. The usual sounds of people passing by on their way to get dinner, or throwing footballs across the lawn are absent, replaced by an eerie stillness.

Compared to its usual hustle and bustle, the city is empty.

What sounds like the basic plot for a B-rated horror movie is actually a startling reflection of Milledgeville - particularly the GCSU campus - over the recent Labor Day break. The campus was barren, the residence halls and apartments quiet, and the parking lots almost empty. There are no official numbers for the amount of the student populace that left town during that time, but a safe bet would probably be around 50 percent or more.

GCSU prides itself on its community and small school setting that encourages students to get involved with the campus. On the school website under the GCSU Mission Statement there is a list of expectations of students, one of which is that students "be meaningfully engaged in and involved in the campus community."

From that standpoint, it's none-too-reassuring to see half the population leave town at the first decent opportunity. It's hard to be involved in the GCSU/Milledgeville community from your home in Gwinnett County. Or wherever you call home.

Then again, what went on in Milledgeville this weekend? Did the Campus Activities Board host an event on Saturday night to draw interest? Did any of the other student organizations have an important function this weekend? Had intramural flag football started yet?

For those of you keeping score, all the answers are "no."

So if there is no community life to get involved with, why should we stay on campus over a nice, long weekend?

Let's not forget the town of Milledgeville itself. Was there anything of unusual interest downtown over the break? Any concerts? Drink specials? Or did they simply close early on several nights?

"No," "no" and "yes," in that order.

So, if there is no community life to get involved with, why should we go downtown over a nice, long weekend?

But as students, what are we doing to facilitate this lack of activity? Many students, particularly freshmen, leave on weekends to go home, or to Athens. If it's determined that many students will leave town on this nice, long weekend, why should the businesses exert extra energy into hosting events?

Thus, no events and no students, which leads to fewer events in the future. A fine example of a self-fulfilling prophecy.

But the events that do occur on weekends often tend to work. The city Sweetwater Festival attracts hundreds of student visitors each year. GCSU homecoming draws a large crowd to its parade, game and crowing ceremony. GCSU Idol has sold out since it began in 2005.

Events of interest cost money and time, and no business in the community would host an event if they believed they would lose money on it. Whoever is hosting the event has to know enough students will attend to make it worth their while. And to guarantee that, they have to know students won't be leaving for parts unknown.

Let's meet in the middle, shall we?

Send responses to
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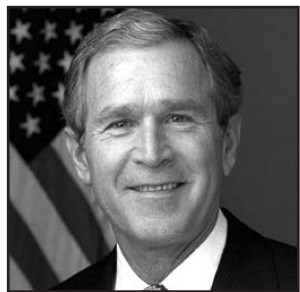
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Macon McGinley
Faculty Adviser

Got something to say about ...



Politics?



Racial diversity?



The environment?



GCSU?

Or anything else?

The Colonnade is looking for columnists to submit columns to run in the Opinion Section. If you are interested in writing, please send a copy of your work, along with your e-mail address, phone number, your full name, grade and major to colonnadeletters@gcsu.edu, or attend our weekly meetings, held Monday at 5 p.m. in MSU. Let us know what you want to write about, and let your voice be heard!

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The Colonnade wants to correct mistakes appearing in the newspaper. If you believe we have made a mistake, please call us at 478-445-4511 or 478-445-2559 or e-mail us at colonnade@gcsu.edu.

LETTERS TO THE EDITOR

Feel shame for placing blame

Dear Editor,

There are some things that people never tell you about college - they never tell you that it is a continuation of high school. Granted, the bullies are smarter and much more cunning. They don't give you wedgies or play keep-away with your backpack. It is almost brilliant in the way that they choose to destroy you; they target your very character.

Everyone talks about people, but rarely do they think about the damage they are doing. Ok, so a reenactment of Stephen King's "Carrie" may not be imminent, but who is to say that another Virginia Tech won't happen? You don't know how far you're really pushing someone and you have no clue how or when they might snap. What started as a joke about someone having an STD 3 years ago, has become a wide spread rumor about them having Herpes. Sure, it doesn't bother them. They'll laugh, shrug it off, and try to ignore it. Maybe that rumor doesn't hurt.

Let's face it, the most painful rumors aren't made up.

"Did you see what she was wearing? What a whore!" "Oh man, look at those girls dancing. I think they're lesbians." "I heard she had to be carried out of the bar last night; I bet she's an alcoholic." "Did you hear that she has naked pictures online? It's true!" The best rumors can't be made up because they tend to be based off of some twisted form of reality. She might not be a whore or a lesbian, but she might be looking for attention. She might not be an alcoholic, but I bet she can't hold her liquor. And the pictures online? I have nothing for that one.

People normally don't realize the damage a few words can do; just like they usually don't realize how badly they're hurting themselves. As an age group, we think that we are invincible. To prove that, we tend to do everything in excess until something goes terribly wrong. Cancer, an STD, alcohol poisoning, rape - everyone has their

reasons to stop, including myself.

We can't control others and a lot of times we can barely control ourselves. We can't pick who will take care of us when we drink too much any more than we can control what they'll do while you're passed out. You can't control if your pot is laced with something, much less what you admit when you're under the influence.

Who needs to create rumors when our reality is far more unbelievable? We are all in this together. You might not be the one passing her another shot or lacing his pot with speed, but you might be the friend that wishes that they had been there to prevent the unthinkable. Welcome back to high school where the bullies are smarter yet, instead of taking them down, we destroy each other and ourselves.

Sincerely,

Alexandria Drake
Sophomore
Liberal Studies

CORRECTIONS & CLARIFICATIONS

- In the previous issue Our Voice stated the number of new freshmen was around 1,200. The correct number of new freshmen is 1,120.
- A letter to the editor incorrectly stated that the Parking Office would not give refunds for parking permits. The Parking Office will give refunds through September. Letters to the editor may contain errors in fact, and readers are advised to take information presented in them with caution. The writer of the letter himself had received a refund on his parking pass.
- In last week's issue of The Colonnade, we attributed the photo for the article "Lights, camera, action" to Erin Gish. The photo was actually taken by Brittany Thomas.
- The photo outline for a picture of the Milledgeville Players on page 11 identified one member as Toney Thomas. His name is actually Thomas Toney.
- In "Flag football set to kick off," the date of their first meeting was listed as Aug. 31. The meeting was actually on Aug. 29.

THE COLONNADE POLICY: LETTERS TO THE EDITOR

The Colonnade encourages readers to express their views and opinions by sending letters to the editor at: CBX 2442; Milledgeville, Ga. 31061 or by e-mail at colonnadeletters@gcsu.edu

All letters must be typed and include:

- names
- address/ Email address

- telephone number
- year of study
- major

Only your name, year of study and major will be listed.

Unsigned letters will not be printed. Names will be withheld only under very unusual circumstances.

- Letters longer than 300 words may be condensed.

- All letters will be edited for grammar, spelling and punctuation errors.

• All letters become the property of The Colonnade and cannot be returned.

- We are not able to acknowledge their receipt or disposition. Letters will be printed at the discretion of the Editor in Chief.

POLL OF THE WEEK

GRAPHIC BY LEE SANDOW

Poll of the Week

How does the increase in size of the freshmen class affect you?

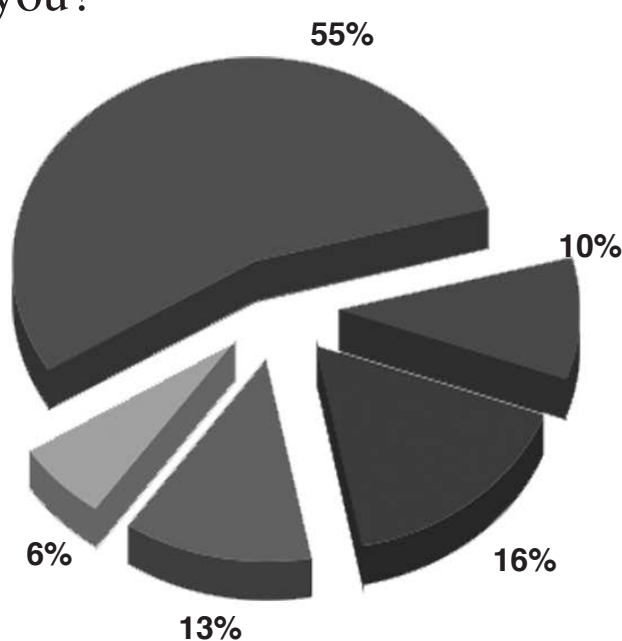
10% - I think it's great the school is accepting more freshmen.

55% - I'm worried the school is getting too big too quickly.

6% - I do not like the increase.

13% - I wish the school would continue growing.

16% - I am indifferent to the increase.



Next week's question:

Do you think GCSU Public Safety responded appropriately to the gun threat on campus on Aug. 23?

Vote online at gcsunade.com



How do you feel about the gender imbalance here at GCSU?



"I knew the ratio was more when I applied to go here, but I really don't even notice it now."

Jessica McCloskey, Freshman,
Early Childhood Education



"I never knew. With Greek stuff we always have functions with fraternities so I don't really notice."

Erin McNealy, Sophomore, Marketing



"I don't have a problem with it. I wish there were more black people here."

Michael James, Junior,
English & Mathematics



"At most schools there's more girls than guys so I don't really think about it that much."

Beth Lanier, Junior,
Psychology & Political Science



"I think its wonderful. It makes up for the nearby presence of UGA and gives guys a fighting chance here on campus. Otherwise, all of our girls would be dating UGA guys."

Daniel Shey, Junior, Political Science

Reported by Kate Regan

The Litter Box

Instant Message with "ColonnadeVent"



ColonnadeVent
Last message received at: 6:33:10 PM

Hey guess who's not voting on August 29-30 for SGA? Me!

Why is it that every time I watch ESPN and they talk about college football I want to kill everyone who ever worked for ESPN and their families!??

For the Colonnade Vent: "I never understood cheesy love songs, until I met my girlfriend."

To whoever put a premade breakfast outside of my room in Bell Hall - Rock on. Just make my apple red and my muffin chocolate chip next time and I'll love you forever.

I always make sure I dot my "T"s and cross my "I"s.

What is up with the FROGS at the GROVE? It's like one of Moses' plagues out there.

Aren't we talking about college students here? "The campus shuttle runs every ten minutes from 7:30 a.m. until 5:00 p.m. From 5:00 p.m. until 9:00 p.m., it runs every 30 minutes. After 9:00 p.m. the shuttle is on-call for pick-up. Commuters also have the choice to park at the Centennial Center." Save you rig for when you Need it. :) - Drive-by Dad

It's about time. The Campus was a grand movie house a generation ago and needs some help. Likewise the theater needs a permanent space to call home. I shall keep my fingers crossed! One note--as I recall it was, at one time, called The Co-Ed, I think restoring that name would be a charming tribute to an earlier era in the town's, as well as the college's, history.

Is it just me, or is the SAGA food actually getting better?

I'm tired of getting other people's mail in my mailbox. Also, I'm tired of getting phone calls from collection agencies for people who lived in my apartment before I did.

We need a real Bobcat around here.

Lucia G... 12 B U A A Link

Want to vent about something? Send us a message about what's bothering you to screen name ColonnadeVent. Comments can be sent anytime, any day of the week.

Add Get info Send

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Features

The Colonnade's Guide to Art and Entertainment

Friday, September 7, 2007

www.gcsunade.com

Section Editor, Jessica Murphy

So, what do students see in GCSU?

BY AMANDA BODDY
STAFF WRITER

There is something about the Southern charm of Milledgeville that attracts around 3,000 applicants each year. Is it the columned buildings or the small-town environment? What makes GCSU the college of choice for so many high school seniors and transfer students?

GCSU is known for its homey atmosphere and its diverse student body involvement.

Erin Beall, a junior transfer student from West Georgia University, has many reasons why she chose to come to GCSU.

"(The campus) is pretty, it has a good reputation and the (school) was a good size," Beall said.

"GCSU is unique because of its size and all of the extracurricular activities. We are encouraged to get involved with all of the activities. There is a lot to offer here," Beall explains.

Beall applied to five universities and ultimately decided to spend her junior year working on a double major in history and Spanish. Beall's favorite part about GCSU, so far, is how easy it is to meet people and also to see familiar faces.

Choosing a college is a big decision. When a student decides to pursue an education at a university, they are placing their future in a lot more than just a major. The campus environment, availability of sports and housing, combined with the offered majors are just some of the factors that contribute to a decision about college. With the more than 36 majors offered and five sports for each men



The beauty of the GCSU campus is treasured among students and the Milledgeville community. It is often an exciting factor among prospective freshmen.

JAMES ODOM / SENIOR PHOTOGRAPHER

"At first I liked GCSU because of the campus, then, it was the fact that it was so pretty, it wasn't too big, and wasn't too small, and there were good class sizes."

Savannah Herring, Freshman

and women (not including intramurals), GCSU has a lot to attract prospective students.

Housing also seems to be a plus for the students at GCSU.

"I really liked the size of the dorms, since they were bigger than the ones at other colleges" explains Savannah Herring, a freshman psychology major living in Parkhurst Hall. Herring continues, "At first I liked GCSU because of the campus, then, it was the fact that it was so pretty, it wasn't too big, and wasn't too small, and there were good class sizes."

Herring's two visits to the campus contributed to her choice of GCSU over the three other colleges to which she applied.

"My favorite part of GCSU so far living in the dorms and getting to meet people," Herring said.

Intramurals are a huge part of student involvement at GCSU as well. From flag football to basketball, recreational

sports are a great way to make friends, stay in shape, and be involved. Cris Segovia, a freshman psychology major, is most interested in playing soccer on an intramural team.

"I am excited for the soccer season to start for intramurals. I think it will be a great way to work on my game and to meet other soccer players," Segovia said.

With 84 percent of students returning for a second year at GCSU, there must be something about the college that makes it stand out from the rest. With the beautiful architecture and well-taken care of landscape, there really is something special about GCSU. Students feel at home here, and that's important when making the big change from high school to college.

Theatre brings new talents, department head to the stage

BY SARAH ALLEN
STAFF WRITER

Whether a student is in the mood to watch a show or display their talents, GCSU's theatre department provides these opportunities and more.

With a new department head and eager students, the theatre department is sure to attract loads of attention this school year.

With the departure of Kathleen McGeever, the department chair for the theatre department for three years, Dr. Brock Fisher has stepped up to fill her position. This is Fisher's second year at the university.

Before coming to GCSU, Fisher taught at Bethel College in Mishawaka, Ind. Fisher received his bachelor's degree in theatre from Central Missouri State University and his master's and doctorate in theatre from the University of Missouri. Not only is Fisher extremely qualified for his new position, but he describes it as being great. Fisher already has plans for this year's theatre department.

"We hope to develop well rounded theatre students who not only act, but design, direct and understand both the world of theatre and the world around them," Fisher said.

This aspiration seems like it will certainly be achieved with the on-stage and backstage experience students will receive throughout the year. Fisher's obvious enthusiasm for theatre is sure to rub off on everyone who gets involved in the department.

"Theatre is an empathy-building exercise for the

actors and audience," Fisher said. "Both parties get a chance to see what it is like to walk in somebody else's shoes for a few hours."

There is a lot planned for this year as far as productions are concerned. The theatre department is doing the following plays: "Sylvia," "The Tempest," "Coyote Point," and "A Piece of my Heart." Along with the plays, which are open auditions, there will be The Arts and Letters play, and the 24-Hour Plays. All of the audition information will be posted on the callboard in Porter Hall.

Rehearsals for "Sylvia" are already underway. The show, which opens at the end of September, is a racy comedy discussing the love between a man and his dog.

Junior theatre major, Scott Howard is starring in "Sylvia." Howard has enjoyed working with Fisher thus far and says he is "really good and is doing a great job."

Playing the male lead will allow Scott to "work his craft on the stage." Preparing for the show

takes up a lot of time with rehearsals every week-night and, as the show gets closer, weekend rehearsals as well. The students in the shows are extremely devoted and dependable.

Sophomore Carey Stachler is not a theatre major, yet plans on attending the show later this month.

"I was involved in theatre in high school and am excited to see what the theatre department at GCSU is all about," Stachler said. Although she is not currently involved with the theatre department she is eager to learn more about it.

Nic Marrone, a freshman theatre major, recommends the show to anyone who is interested in theatre or just looking for a source of entertainment.

"All the kids are nice and there is so much more freedom than in high school concerning the shows we get to do," Marrone said. He also has felt extremely welcome by all those involved in the show and thinks "theatre people are the nicest people on campus."

GCSU 2007-2008 Theatre Season

"Sylvia"

By: A.R. Gurney
Russell Auditorium,
Sept. 26-30

"The Tempest"

By: William
Shakespeare
Russell Auditorium,
Nov. 14-18

"Coyote Point"

By: Daniel Edmiston
Russell Auditorium,
Feb. 27-March 2

"A Piece of My Heart"

By: Shirley Lauro
Russell Auditorium,
April 10-11

"The 24 Hour Plays"

Max Noah Recital Hall
April 18-19



KATEY FOLLETT / STAFF PHOTOGRAPHER

(L-R) Kendall Stiles, Erika Coleman and Denise Chambers work in The G.I.V.E. Center. Since its beginning, AmeriCorp members have served over 33 million people.

AmeriCorps finds new home

BY ANA MARIA LUGO
SENIOR REPORTER

Help is on the way. AmeriCorps and Hands-On Georgia are sending help to two of Milledgeville's hardest working non-profit organizations, Hands-On Milledgeville and GCSU's The G.I.V.E. Center. Application and interview process is already underway to fill the two AmeriCorps positions that will help serve the Milledgeville community. One will serve with the Hands-On Milledgeville and The G.I.V.E. Center where they will assist with volunteer recruitment, leadership, development and training. The second position will focus on educational services and work closely with organizations that deal with after-school programs, tutoring and various children's and educational programs around the area.

"Having AmeriCorps on board with The G.I.V.E. Center and Hand-On Milledgeville is such a blessing," Kendall Stiles, director of The G.I.V.E. Center, said. "We are so fortunate and thankful to have this kind of support."

AmeriCorps is a con-

glomerate of local, state and national service programs that comprise of over 70,000 members nationwide. It is an intensive service program that helps roughly 2,000 non-profit organizations with various duties such as raising awareness, community service work, and other critical needs that deal with public safety, environmental, security and awareness needs throughout America.

AmeriCorps was established in 1993 after President Bill Clinton signed the National and Community Service Trust Act where domestic community service programs were brought together under one umbrella. In 1994, the first class of AmeriCorps members served all over the country. In 2003, President George Bush signed the Strengthen AmeriCorps Program Act, doubling the number of members serving across the nation and building bipartisan support.

"AmeriCorps is definitely a character building experience," Stiles said. "I highly recommend it to anyone who is thinking about working for a non-profit organization because it will teach you several

skills that will definitely benefit your resume and broaden your outlook."

People interested in non-profit work should be aware that joining the AmeriCorps is a full-time commitment. Those who will join the AmeriCorps, particularly the positions in Milledgeville, will serve a 12-month commitment and over 1,700 community service hours. In addition, they will also be required to work with at least 10 non-profit organizations around the Milledgeville area. AmeriCorps recipients will also receive a meager living stipend and an education grant upon completion of the service.

"It is definitely not going to get you money if that's the reason you're doing it," Revel Pogue, GCSU community liaison and a member of the AmeriCorps interview, said. "Most people join AmeriCorps for the experience and the service. It's a full-time job that needs close attention and dedication."

In exchange for a year of full-time service, members earn an education award of \$4,725 that can be used to pay for college or graduate school or to pay back qualified student loans.



JAMES ODOM / SENIOR PHOTOGRAPHER
The redesigned media lab was unveiled at an open house on Wednesday, Sept. 5..

Media Lab gets an upgrade

BY P.J. SCHINELLE
STAFF WRITER

GCSU continues to keep up with mainstream media equipment and software as it introduces the newly designed Media Lab in the Library and Instructional Resource Center on Wednesday.

This tech-savvy domain features open access, state-of-the-art iMac computers and showcases advanced audio, video and graphic software. The lab is also equip with digital recorders, USB turn tables and still cameras.

Justin Flachbarth, a Divisional Technical Support associate, was excited to be a part of the open house and encourages students to take advantage of the redesigned media lab and new equipment.

“The lab is open to all students, however for students to access the video, audio and graphics software they need to set up an account with the lab assistants,” Flachbarth explained.

Eric Jones, senior creative writing major, explained how students will be able to convert VHS videotapes to DVD. Students also have the ability to draw graphics on a digital pad and import them onto the computer.

“Whether you are working on a large project or want to mess around with animations the lab is now equip to handle the needs of students,” Jones said.

In addition to video and graphic technologies, the lab is capable of recording, editing and mixing music to create personal music masterpieces similar to the high quality of a compact disc.

Mary Ford, junior computer science major, believes that Mac computers are easy to use once the user gets acquainted with the applications.

“The equipment is more mainstream and uses applications that you couldn’t use on a PC,” Ford said.

Sandy Green, lab assistant and GCSU senior political science major, believes that with the ever-growing demands of class projects and increased popularity of YouTube and similar video blogs, this lab is beneficial to students.

“This lab is much more accessible and student friendly,” Green said.

The redesigned lab also provides a more comfortable atmosphere for students as the walls are now painted and feature photos shot and edited by Green and Jones.

Green and Jones used the software in the lab to complete their photography.

The Media Lab is open around the clock from 2 p.m. Sunday until 5 p.m. Friday. It is open on Saturdays as well from 10 a.m. until 6 p.m.

As media applications continue to influence the educational demands and hobbies of students, GCSU will maintain the pace and provide the necessary software for its students.

“Hairspray” hits big



BY ERIC JONES
MOVIE REVIEWER

At first glance, it might seem self-serving to have a star-studded cast fill the big screen in place of Broadway performers for a musical gay romp all about a commercial beauty product. But placing a plump unknown youngster in the lead, and infusing an optimistic look at racial tension of the sixties with hard hitting musical numbers, makes “Hairspray” one of the most inviting movies of the summer, and a much needed uplifting injection for those of us tired of movies that take us to the war-front like “Transformers” and “Live Free or Die Hard.”

The star of this 60s-laced crusade is Nikki Blonsky, who is rather husky, but carries her load with a intensity that no other actress has yielded since Kathy Bates in “Fried Green Tomatoes.”

The draw of Nikki’s character, Tracy Turnblad, is counter-intuitive to what most overweight lead characters deal with. She does not “deal” with her weight at all, but has, from the opening number of the movie, completely accepted herself.

Tracy shows us that

being fat is a frame of mind rather than physicality.

While Tracy’s mother, played with varying success by John Travolta, locks herself away in her house and stuffs her face with Ding-Dongs in agony, Tracy rushes out to meet the world. She is the greatest dancer in all of Baltimore and aims to be the star of a local television program which showcases teenage dancing, music (ala “American Bandstand”) and, of course, fabulous hair-dos.

With Tracy’s go-get’em attitude toward life, it doesn’t take her long before she’s taken over the show and become the most famous teen in town. Her mass appeal is her ability to see everyone as equal, and this outlook eventually lands her at the head of a march for Civil Rights when the program elects to cut out “Negro Day” from its television schedule. Tracy becomes a poster child for letting everyone dance together and, in the glowing world of Broadway Musicals, this is a dream worth watching

over and over again.

Michelle Pfeiffer, John Travolta, Queen Latifah, and Christopher Walken round out the supporting cast. Although Travolta is a bit daunting as an older fat woman in a suit that does not make him look at all like a woman, the role works symbolically as the character, Edna, is also trying to make herself believable as a human being. She has hideous man hands and a froggy voice. As the citizens of Baltimore come to accept her, Edna begins to accept herself, and so do we as an audience. In the end, I can see no other choice for the part.

Musicals are always a risky business in transition from stage to screen. “Rent” lost a lot of its flavor in the move, and “The Producers” was way too long, but “Hairspray” hit the nail on the head. The film is charitable in its extraordinary optimism; that the world can be changed by a dream, that everyone can be equal, and that a generation can be defined by hairspray.



COURTESY OF THE WEB

DINiNG options



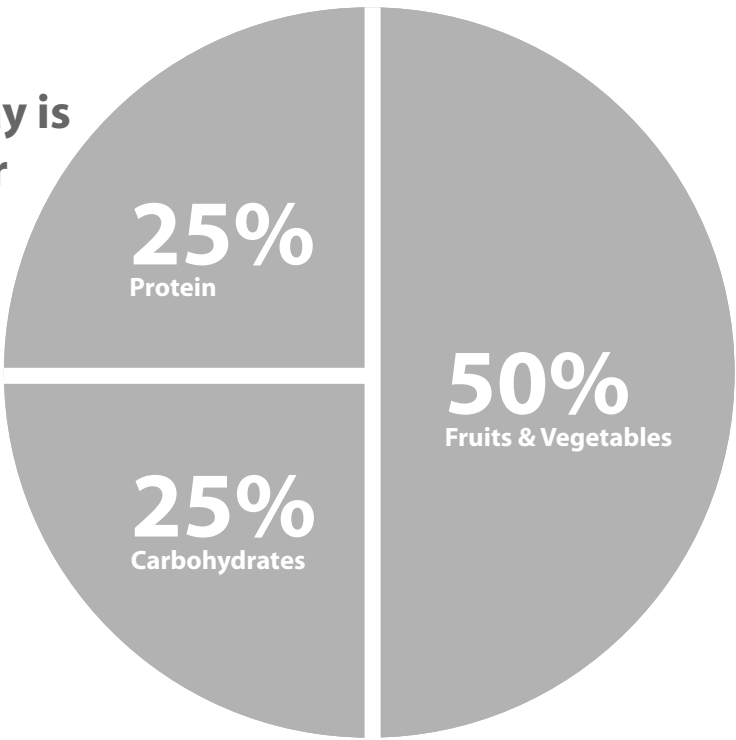
Everybody
talks about
the Balanced Way ...



Johan loves to hear about how balance way boosts energy level and metabolism...

Balance way is taking over Campus Dining!

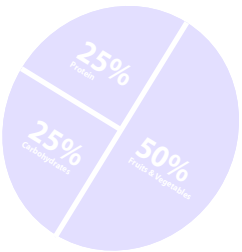
Get your healthy choice here on campus!



Just ask your server on the line: “I would like my plate served the BALANCED WAY!”



Paul loves to try our full meals at the classic line. He is amazed to know that they are also balanced and nutritious.

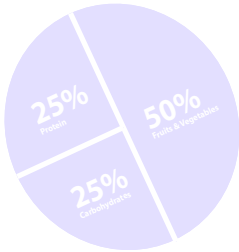


FALL 2007 DINiNG trends
Resident Dining with a Retail Flair



Noodle Bowl

Check out this signature plate which will be served on Thursday’s dinner at the International line.



Nash and Suzy prefer their meals the balanced way. They can count on eating less than 600 calories for a whole meal !

Sports

The Colonnade's Guide to Athletics and Recreation

Friday, September 7, 2007

www.gcsunade.com

Section Editor, Corey Dickstein

Cheerleaders qualify early for nationals

BY KYLE COLLINS
SENIOR REPORTER

A few days before the start of fall semester, most students were moving back into their apartments and thinking about the first week of classes. From Aug. 12 through the 15, GCSU's cheerleading squad had much more on its mind, like beating NCAA Division I competition and qualifying for the National Cheerleader Association's National Competition held in April.

The team accomplished those goals by winning its small coed spirit division at a cheering camp in Myrtle Beach, S.C. The Bobcats were the only Division II team competing in their division.

A victory against Division I teams like the University of North Carolina at Charlotte, North Carolina State University and the University of Louisville gave GCSU a bid to nationals this spring.

P.J. Schinella, a junior mass communication major, said the team used to submit a video to get a bid to the national tournament. Now, accumulating points through camp competitions determines if it gets the bid.

"Camp was a lot of fun because we got to meet and compete with large Division I schools like Clemson and Virginia Tech," sophomore Caro Ashe said.

At the Myrtle Beach camp, judging was performed by the staff and cheerleaders themselves.



GCSU's cheerleaders practice their routine at the Centennial Center. The team recently earned a trip to this year's national competition by proving competitive at a cheering camp in Myrtle Beach, S.C.

The learning and competitive experience helps the squad as it heads into the season.

Familiar faces at the coaching and directing positions spearhead the growth of GCSU cheerleading.

Dr. Jerry Fly continues to serve as the squad's director of cheerleading operations. For 22 years, Fly has taken care of the cheerleading logistics.

Fly still attends every practice, but he lets the coach handle the technical side of the sport.

Kyle Hood, a graduate student, serves as the coach of this year's team on and off the competition floor.

An injury to a male

team member, required Hood to return to the competitive squad.

"We needed four guys to be out there during our routines so I decided to help out," Hood said. "It's tough for some to adjust because I'm not just barking orders anymore."

Working as a coach and active team member gives Hood a chance to lead by example. Everyone must work harder now that he is competing again.

Hood is able to have greater insight into coaching by competing along side his teammates.

This year's team consists of more fresh faces than old experienced ones as nearly half the squad are freshmen.

Hood believes the freshmen add to the team dynamic with their good work ethic and attitude.

Many of the new girls come in with high level experience as some won state titles on their respective high school teams.

"This year is unique because we have more freshmen on the floor than ever," Schinella said. "The new girls seem to be gelling well into college life."

The squad looks forward to its upcoming exhibition in two weeks. As three-time national champions, talk of the routine for nationals remains relevant.

"I'm excited about this year's routine because we

have good ideas flowing, and I'm ready to put it together," Ashe said.

The group plans to alter the format as well as have the national's routine down earlier in hopes of improving on last year's fifth place showing.

The cheerleaders serve as a support squad during home basketball games. Students are only able to see a portion of the group's athletic ability as safety regulations prevent competition level stunting.

The cheerleading team practices at the Centennial Center Monday through Thursday starting at 3:30 p.m.

Hood encourages students to come out and watch the team in action.

The Season PASS



BY COREY DICKSTEIN
SPORTS EDITOR

This is the best time of the year.

No, really, for any hardcore sports fan, these next two months cannot be beat. Major League Baseball is coming down the stretch run, college football is underway, pro football is gearing up, and with this year's introduction of the FedExCup, golf is still interesting.

Meanwhile, on campus, the sports world may seem slow, but have no fear GCSU athletics are headed into full stride.

The soccer season is on its way as is cross-country. And while it is not easy to attend cross-country events, soccer plays eight games at home starting Saturday, Sept. 15, against the University of North Carolina at Pembroke.

So, if you are a sports fan, now is not the time to complain.

Although there not any sporting events to attend on our campus this week, the television will be chock-full of great games to watch. Beginning with a multitude of match-ups in the college football world on Saturday and the beginning of the National Football League season on Sunday.

If baseball is your forte you are in luck. Divisional and Wild Card races are heating up.

As of Wednesday, Sept. 5, the top three teams in the National League Central were separated by one game. The National League West's top three teams are also very close, separated by a meager three games.

This week also marks the third event in the Professional Golf Association's FedExCup, the BMW at Cog Hill Golf and Country Club in Lemont, Ill.

So take a little time away from your grouching classes, homework and work schedule. Turn on some sports and just relax.

Sports are taken very serious in our society. But the truth is that they are for entertainment.

I know sometimes it may seem as though supporting your favorite team is a matter of utter importance but, sometime this week, just relax and enjoy it.

And starting Sept. 15, come out, relax and enjoy GCSU soccer.

Bobcat harriers off to a running start in 2007

BY COREY DICKSTEIN
SENIOR REPORTER

Saturday marked the beginning of the 2007 cross-country season as the Bobcat women harriers competed in the Blue and White Alumni meet hosted by Peach Belt Conference rival Augusta State University.

Freshman Dani Destiche made the most of her GCSU debut, finishing second overall in the race with a time of 19:47, only 15 seconds behind race winner, Kristyn Holley of ASU. Destiche's time was only three seconds off the all time GCSU mark that Bethany Loushine set in 2002.

"The women got started last weekend and ran really well," Head Coach Joe Samprone said. "The men really get going this weekend as we head up to Dartmouth."

The Bobcat men will

compete in the Dartmouth College Invitational in Hanover, N.H., on Saturday, Sept. 8.

"We're definitely looking forward to it," Senior Rich Dobson said. "We have been to New England a couple times since I have been at college. We went to Vermont two years ago, which was really nice. I'm excited to go back."

Last season the men traveled to Minneapolis, Minn., and competed in the Roy Griak Invitational. The team finished 42 of 52 teams, they look to do better in Vermont this year.

"The guys have good speed returning," Samprone said. "The competition will be tough, this weekend should gear them up."

Samprone said that starting the season against

Cross-country Page 10

Staying in shape on campus

BY DEVIN VERNICK
SENIOR REPORTER

According to a survey given by The Colonnade, more than half of a sample of 60 students said they want to improve their physical health but are unsure about what the appropriate steps are. Such circumstances can be discouraging, more than half of people who begin exercising cease their efforts within three to six months, according to the American College of Sports Medicine.

Personal health and fitness seems to matter to GCSU students and it should. On average, 335 students and staff have visited the Wellness Depot on a daily basis through August. For those who have been in there, that's a tight squeeze. If space is available, it is good to know what to do and why it should be done.

For starters, recent studies find that people who exercise regularly live longer than their couch-potato counterparts. Researchers at Erasmus Medical Center in Rotterdam, Netherlands performed one particular



PAUL GRIGSBY / SPORTS PHOTOGRAPHER
Michelle Boland, a sophomore nursing major, works out at the Wellness Depot. Students, like Boland, take advantage of the Depot to stay healthy and fit.

analysis and found that active individuals live longer because they were free from heart disease, obesity and high cholesterol.

Eat right

According to the FDA, the average person's daily calorie intake should hover somewhere around 2,000. Obviously, what counts here is from where the calories are coming. Foods that are very greasy, sugary or fried are typically foods that are high in unhealthy sugars and fats.

These foods should be avoided.

"The college student's spontaneous schedule makes it easy to eat fast food and junk food," said Benjamin Lavender, a 2006 GCSU community health graduate. "Put some thought into your diet and plan your meals beforehand, that way you're less likely to grab fast food."

Chefs do not count

Fitness Page 10

THE SHORT STOP



Upcoming Sports

Soccer:

Friday 4 p.m. @ Floria Tech

Men's Cross-Country:

Saturday @ Dartmouth

GCSU Athlete of the Week

Danni Destiche



The freshman harrier was named GCSU's Athlete of the Week for the week ending Sept. 2. Destiche finished second overall in the Blue & White Alumni Meet at Augusta State last Saturday. She posted a score of 19:47, only 15 seconds behind the first place finisher.

No team, no problem

GCSU students find college football programs to support

BY PRESTON SELLERS
STAFF WRITER

It is that time of year again. The sports sections of the newspapers are being filled with football and most college students probably had a great weekend because of it.

College football rules Saturdays, from Labor Day weekend through Thanksgiving, and, with over thirty bowl games, the postseason extends through the New Year.

As GCSU students and football fanatics are well aware that the school's football team, though undefeated, does not exist.

That said, which teams do GCSU students cheer for? Surely everyone was pulling for the team from Boone, N.C., in one of the greatest upsets in all of college sports. A reference, of course, to Appalachian State University. It is a tiny school in the mountains of North Carolina, which went into Ann Arbor, Mich., and dominated the No. 5 ranked Wolverines at "The Big House" in front of 110,000 fans.

The most important game of the day took place in Blacksburg, Va., where the Hokies took the field for the first time since the shooting in April.

"I'm a huge college foot-

ball fan and furthermore, I'm a Virginia Tech fan," said Senior Jason Maddox, a Community Assistant for The Village at West Campus. "Being born and raised in Virginia, I followed the tragic events of last April very closely. After four long months, it was good to see The Hokie Nation get to cheer on their team."

The abundance of red and black on campus suggests that most of the students are No. 11 University of Georgia fans. Many made the trip up Highway 441 for last Saturday's home opener.

Dustin Binns, a junior, psychology major, is a USC Trojans fan who traveled to Athens this weekend. Although he did not have tickets to the game, he was not disappointed.

"Even though I am not a UGA fan, I have respect for the atmosphere on game day, and the fans' enthusiasm made me cheer for the 'Dawgs - almost."

Georgia Tech, the University of Auburn, The University of Alabama, and the University of Florida also kicked off their seasons in style, each posting big wins.

Will these teams be well-represented on the GCSU campus this sea-

son?

A few students were asked how their weekends played out, and answered in a variety of ways.

"I went to the Florida vs. Western Kentucky (University) game, and it was awesome, even though it was really hot in The Swamp (the nickname for Florida's home field). There were a surprising number of people there for a 12:30 game," said Leigh Allen, a junior, business major. "I usually get to see Florida play about twice a year."

The defending national champion, the Gators, are currently ranked No. 5.

Brad Quarte, a junior, accounting major, is an Auburn Tigers fan.

"I don't have the money or time to drive three hours and buy a ticket," he said. "But I can still have a beer and watch the game here on TV."

Quarte certainly saw a great game, as the Tigers came from behind with two late touchdowns against Kansas State University. Though he is certainly more than just a casual fan, Quarte's laid-back approach is popular among GCSU students, who have no team of their own to support, but still show a strong passion for college football.

Fitness

Continued from Page 9 ...

calories, so it is up to the health conscious to monitor what they consume. Many people have benefited from recording a daily journal of what they eat in order to keep up with their calories. A simple strategy like that, combined with healthy foods is good for the body inside and out. When at the grocery store, or in line at Sodex Ho, give fruits, vegetables, lean meats, and whole grains a chance, and, instead of always going for seconds (or thirds), drink a big glass of water.

Train right

Since an active lifestyle contributes to the body's longevity, get outside today. Walking briskly to class, getting involved with intramural sports, jogging with a friend, participating in a free aerobics class at the Centennial Center, or working out at the Depot are easy ways to give the body the activity it craves.

GCSU students who want to use the Depot, but do not feel confident about doing the right routine, can sign up for free personal training from a GCSU senior exercise science major. If that does not work out, a sample training routine is provided below for both novices and the experienced.

Novice workout

Follow this resistance-training program two to three times a week and perform some sort of cardiovascular activity two to three times during the week as well. All of these exercises are labeled in the Depot, if a particular machine sounds unfamiliar, ask someone; there is usually an exercise science major on hand.

Each of the following exercises are done in three sets of eight to ten repetitions.

Day one:

Push - Hammer Strength incline press, Hammer Strength decline press

Pull- Bicep Curls, assisted pull-ups

Lower body- Seated leg press

Day two:

Push - Push-ups, triceps pull down

Pull - Pull-down machine, dual pulley rows

Lower body - Leg extension, leg curl

*As with any strenuous physical activity, consult your doctor before beginning a workout program.

Advanced workout

Follow this resistance-training program three times per week and perform some sort of cardiovascular activity two to three times during the week as well.

Each of the following exercises are done in three sets of eight to ten repetitions.

Day one:

Push - Dumbbell press, incline dumbbell press, decline dumbbell press

Pull - Isolateral front lat pull down, front lat pull down, isolateral low row

Lower body - Linear leg press

Day two:

Push - Triceps pull down, one arm triceps pull down

Pull - Biceps curl, single arm biceps curl

Lower body - Unilateral leg press, seated leg press, lunges

Day three:

Push - Shoulder press, Hammer Strength incline press

Pull - Lateral deltoid raises, lat pull down

Lower body - Linear leg press

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Cross-country

Continued from Page 9 ...

a tough ASU team is a good indication of where they stand.

"Augusta had five of the top six finishers last weekend," Samprone said. "They finished first and third through fifth. They added some good runners to a strong team."

Besides Destiche's strong showing, the Bobcats had good showings from senior Jan Keeton, who finished seventh by posting a time of 20:28, and by Sophomore Bonnie Ueltzen who finished in 20:49, good enough for eighth place.

"The competition will be stiff for both teams," Samprone said. "The guys finished second to Columbus (State University) last year, they had three good freshmen last year and a good redshirt runner. Clayton should be interesting too, they have an all new men's team so we'll see how we stack up."

The Bobcat women take the week off and have their next competition on



SPECIAL TO THE COLONNADE
Senior Kellie Hughes looks to lead the Bobcats who got off to a good start at Augusta State University last Saturday.

Saturday, Sept. 15 at the Georgia State Invitational.

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WHAT'S HAPPENING

Friday, Sept. 7-
Thursday, Sept. 13

Friday, September 7

12:30 p.m. CAPC Meeting, A&S 2-16
7 p.m. Friday Foreign Film Series, "Das Experiment"
A&S Auditorium

Saturday, September 8

Sunday, September 9

1 p.m. Bobcats Soccer vs. University of North Alabama,
Florence, Ala.

Monday, September 10

Career Center Mock Interview Series Sign-up, The Career Center
4 p.m. Art as an Agent for Change Meeting, Lanier 211
4 - 5 p.m. Fall Seminar Series: "Membrane Tears: How are
They Repaired and Why they are of Biological and
Pathological Interest," Herty 250
6 p.m. Artist: Reflections on Art, Biography, and
Community Engagement, Museum Education Room

Tuesday, September 11

7 p.m. STAND Meeting, Chapell 105
8 p.m. BCM: Synergy, Magnolia Ballroom

Wednesday, September 12

2 - 3:30 p.m. Wonderful Wednesdays: Resume and Cover Letter,
Lanier 232
2 p.m. "Are We in a Mortgage Crisis and (if so) What does it
Mean for the Economy?" A&S Auditorium
8:30 p.m. International Club Meeting, A&S 2-72

Thursday, September 13

Please send calendar submissions to colonnadenews@gcsu.edu.



THE COLONNADE

Public Safety Report



A hit-man ... literally

On Aug. 24, 2007, at approximately 1:38 p.m. Officer Gaines was flagged down by a female stating that a man hit her. Contact was made with the man. A check through GCIC found that the man had outstanding warrants through Atlanta. The warrants were verified and the man was arrested and transported to Milledgeville Police Department to be held for extradition.

A lover's quarell

On Aug. 25, 2007, at approximately 11:07 p.m. Officer Reonas was dispatched to The Village in reference to a female crying hysterically. Contact was made with the female, who stated she and her boyfriend had gotten into an argument. Contact was made with both subjects separately and both agreed the altercation had been physical to an extent. The female who did have marks on her person, did not want to press charges. The parties were separated for the evening.

Mystery tire-slasher

On Aug. 27, 2007, at approximately 12:03 p.m., a male reported to Public Safety that unknown person(s) flattened the front tire of his bike and used zip ties to tie parts of his bike together while it was in the bike rack at Terrell Hall. There are no suspects or witnesses at this time.

Drunken visitor arrested

On Aug. 26, 2007, at approximately 7:50 a.m. while Officer Gaines was on patrol, he observed the front door of Parkhurst propped open. A check of the building found a male asleep on the couch in the first floor common area with a cell phone in his hand. Officer Gaines woke the male up and asked him if he was a student, to which he replied no. While speaking with the male, Officer Gaines could detect the odor of an alcoholic beverage coming from his person. The male stated that he had been drinking the night before and was 18 years of age. When tested on the Alco-Sensor, the male registered .180. He was arrested and transported to Milledgeville PD and charged with Underage Possession of Alcohol. He was also banned from all GCSU residence halls.

Emergency Call

On Aug. 30, 2007, at approximately 9:10 a.m., Officer Gaines was dispatched to Bell Hall in reference to EMS being called for a student. Contact was made with the female, who stated she had back pains. EMS responded and transported her to Oconee Regional Medical Center for treatment. Her parents were notified.

If it's too good to be true, then it probably is

On Aug. 30, 2007, at approximately 1:53 p.m., a female reported that she had posted a camera for sale on Facebook. An unknown person contacted the female, sent her \$2000 check for her to cash and to send the money back to the unknown person. The female cashed the check and sent the money by Western Union back to the unknown person. The check was a fake and she is now out of \$2000. This is a typical Nigeria fraud scheme that is almost impossible to investigate without the assistance of Federal Law Enforcement.

Party Bust

On Aug. 30, 2007, at approximately 11:29 p.m. Officer Miller was dispatched to Bell Hall in reference to a party. Upon arrival, housing personnel had already confiscated several empty liquor bottles and a glass pipe used to smoke marijuana. Officer Reaona and Sgt. English responded and contact was made with three male students. Permission was given to search the room and a 750 milliliter bottle of Kentucky Gold Whiskey which was nearly full was found. The liquor was poured out, the pipe confiscated and placed into evidence. The case was turned over to Student Judiciary.

Let's get ready to rumble

On Aug. 31, 2007, at approximately 2:52 a.m., Officer Reonas observed two males in the middle of the road fighting at Jefferson and Hancock Streets. Contact was made with the two males. Both had been drinking heavily, and could not give a reason as to why they were fighting. Both males were arrested and transported to Milledgeville PD and charged with Disorderly Conduct.

Information compiled
by Ana Maria Lugo

Please go online to
gcsunade.com to download the
extended Public Safety Report podcast.



NOW HEAR THIS

Knitting Club

Anyone interested in joining a small lunch time knitting group should contact Liz Havey at 478.445.1396. Sewing, crocheting, and other portable handicrafts are more than welcome.

Free Jazz Concert

Saxophonist Charles Marshall and the Jazz Ambassadors will be in concert on Friday, Sept. 14 at 8:00 p.m. in the Black Heritage Plaza in downtown Milledgeville. The

concert is free and the public is invited to attend.

The Jazz Ambassadors consist of Renee Clark on keyboard and vocals. Nashid Abdul Khaaliq plays bass and is also known as "Abdul Thunderfingers." He attended Berkeley College of Music and plays a variety of music styles including blues, smooth jazz and rhythm & blues. Emrah Kotan was born in Turkey and is a master percussionist and is a music history teacher at Agnes Scott College in Atlanta. Rounding out the quartet is

bandleader and saxophonist Charles Marshall. Marshall attended Paine's College with a concentration in psychology and music.

The Black Heritage Plaza is located at 104 West McIntosh Street, Milledgeville, Georgia. Audience members may bring their own chairs and food. For more information contact Allied Arts at 478.452.3950 or alliedarts@alltel.net.

Submit entries for
Now Hear This to
colonnadenews@gcsu.edu

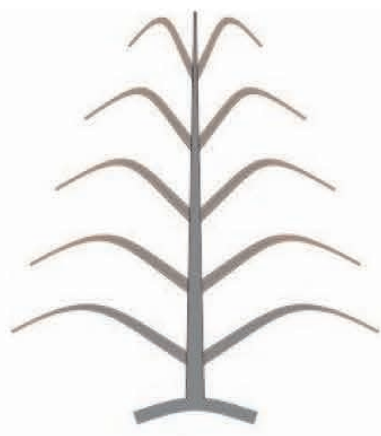
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